

## Small Group Notes based on Emotional Intelligence 3

Remember, small groups are primarily for growing closer relationships with other believers. We can learn wonderful things in this environment but keep relationships first.

- Make sure everyone knows each other's names. Have everyone share a little about themselves and how life is going right now.
- Christians should be world leaders in certain areas. What areas?
- Emotional health is one of those areas.
  - Emotional IQ is more important than Academic IQ for predicting success in life.
    - Why do you think that is the case? Do you disagree?
- The inner battle for our emotions is a battle we have a right to win.
  - Look at **Philippians 2:5 and 1 Corinthians 2:16**.
    - Winning the battle takes a miracle from God through the indwelling of the Holy Spirit, but we have a right to expect that miracle.
- What is Emotional Intelligence?
  - Daniel Goleman's 5 Elements of Emotional Intelligence: Self-Awareness, Self-Regulation, Internal Motivation, Empathy, and Social Skills.
- This Week This Week: How about the Disciples?
- **Luke 9:46-56** shows three situations where Jesus has to correct the Disciples.
  - First, **Luke 9:46-48**, selfish ambition. Can you relate to the Disciples?
    - Selfish ambition is dangerous: **James 3:14-16**.
    - How do you conquer this?
    - Does this happen with believers today? In what ways?
    - What do you do if you are better than someone else? This is the context of **Philippians 2:5**. So, serve them, wash their feet, help them, etc. Your job is to bring them up, not proclaim you are above them.
  - Second, **Luke 9:49-50**, territorialism.
    - "We are supposed to do this, no you." Some churches seem like they only want people to get saved if they do it! Have you seen examples of that?
    - "This church isn't big enough for the two of us." Have you seen stuff like that?
  - Third, **Luke 9:51-56**, misguided anger.
    - Who are we fighting? Satan.
    - Who are we fighting alongside? Jesus and fellow believers.
    - Who are we fighting for? Those who don't know Jesus.
    - What are some examples of misguided anger that you have seen?
      - Your attitude should be the same as that of Christ Jesus means love your enemies. Read **Matthew 5:43-48** and find two tangible ways to love your enemies.
- Talk about Peter, too far one way and too far the other way. (**John 13:6-10**)
  - Over generalizations are emotional not rational. Ex: I'm terrible. He's always such a jerk. Etc.
- Talk about Judas after the perfume was poured on Jesus. (**Matt 26:6-16**)
  - Judas was mad at Jesus because someone did something nice for him. Don't be like that.
- Finish it out with a thing on forgiveness. **Colossians 3:12-14**
  - Does Paul care what the disputes are about among the Colossians? Does God care what the disputes we have are about? In what ways might God care and in what ways doesn't He?
  - Forgiving others is one of the most emotionally difficult things to do. How is that going?
  - Jesus is real good at it. We need to be too if we are going to follow him.
- Pray for each other before you finish up!